

ONE PENNY.

BOILS, ULCERS, AND ABSCESSSES.

**THE
PENNY**

**MEDICAL
LIBRARY.**

MANCHESTER :

ABEL HEYWOOD & SON, Printers & Publishers, 56 & 58 OLDHAM STREET.

LONDON :

SIMPKIN, MARSHALL, HAMILTON, KENT & Co. Ltd., Stationers' Hall Court, E.C.

1901.

HOLLOWAY'S

PILLS and OINTMENT

ARE

BLESSINGS

In every
Family.

Their combined use will QUICKLY RELIEVE and CURE

**SCIATICA, LUMBAGO, INFLUENZA, LIVER and KIDNEY
COMPLAINTS,
SKIN ERUPTIONS, and AFFECTIONS OF THE THROAT,
CHEST and LUNGS.**

Manufactured only at 78 NEW OXFORD STREET (late 533 Oxford Street), LONDON.

1901
COPYRIGHT WORKS
THE PENNY MEDICAL LIBRARY. (No-1)

Boils, Ulcers & Abscesses: Their Cause, Cure, and Prevention.

MANCHESTER:

ABEL HEYWOOD & SON, Printers & Publishers, 56 & 58 OLDHAM STREET.

LONDON:

SIMPKIN, MARSHALL, HAMILTON, KENT & CO. Ltd., Stationers' Hall Court, E.C.

1901.

22500837075

COPYRIGHT WORKS.

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. White Company. A. Conan Doyle. 2. A Wild Proxy. Mrs. Clifford. 3. Malcolm. George Macdonald. 4. The Romance of a Midshipman. W. Clark Russell. 5. Rodman, The Boat-Steerer. Louis Becke. 6. The Herb-Moon. John Oliver Hobbes. 7. Fights for the Flag. W. H. Fitchett, LL.D. 9. Stories from the Diary of a Doctor. L. T. Meade. 11. The Reproach of Annesley. Maxwell Gray. 12. Deeds that Won the Empire. W. H. Fitchett, LL.D. 13. What's Bred in the Bone. Grant Allen. 14. Robert Elsmere. Mrs. Humphry Ward. 15. The History of David Grieve. Mrs. Humphry Ward. 16. Ships that Pass in the Night. Beatrice Harraden. | <ol style="list-style-type: none"> 17. Jess: a Story of the Last Boer War. H. Rider Haggard. 18. She: a History of Adventure. H. Rider Haggard. 19. The Silence of Dean Maitland. Maxwell Gray. 20. Adventures of Sherlock Holmes. A. Conan Doyle. 21. Memoirs of Sherlock Holmes. A. Conan Doyle 22. The Sign of Four. do. 23. The Exploits of Brigadier Gerard do. 24. A Yankee Boy's Success. H. S. Morrison. 25. The Impregnable Rock of Holy Scripture. W. E. Gladstone. 26. The Marquis of Lossie. George Macdonald. 27. Rodney Stone. A. Conan Doyle. 28. Vice Versa. F. Anstey. 29. Donal Grant. George Macdonald. 30. Molly Bawn. By the Author of "Phyllis." 31. John Herring. Rev. S. Baring Gould. 32. Manchester Man. Mrs. Banks. |
|---|--|

Post Free, 8d. each.

35 VOLUMES OF NEWNES' LIBRARY OF

USEFUL STORIES

HAVE NOW BEEN PUBLISHED.

**Price 1/- each. Strongly Bound in Blue Cloth.
Post Free, 1/2 each.**

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. The Story of the Stars. By G. F. Chambers, F.R.A.S. With 24 illustrations. 2. The Story of Primitive Man. By Edward Clodd. With 88 illustrations. 3. The Story of the Plants. By Grant Allen. With 49 illustrations. 4. The Story of the Earth in Past Ages. By H. G. Seeley, F.R.S. With 40 illustrations. 5. The Story of the Solar System. By G. F. Chambers, F.R.A.S. With 28 illustrations. 6. The Story of a Piece of Coal. By E. A. Martin, F.G.S. With 38 illustrations. 7. The Story of Electricity. By J. Munro. With 100 illustrations. 8. The Story of Extinct Civilizations of the East. By R. E. Anderson, M.A. With maps. 9. The Story of the Chemical Elements. By M. M. Pattison Muir, M.A. 10. The Story of Forest and Stream. By James Rodway, F.L.S. With 27 illustrations. 11. The Story of the Weather. By G. F. Chambers, F.R.A.S. With 50 illustrations. 12. The Story of the Atmosphere. By Douglas Archibald. With 44 illustrations. 13. The Story of Germ Life: Bacteria. By H. W. Conn. With 34 illustrations. 14. The Story of the Potter. By C. F. Binns. With 57 illustrations of Ancient and Modern Pottery. 15. The Story of the British Coinage. By G. B. Rawlings. With 108 illustrations. 16. The Story of Life in the Seas. By Sidney J. Hickson, F.R.S. With 42 illustrations. 17. The Story of Photography. By A. T. Story. With 38 illustrations. | <ol style="list-style-type: none"> 18. The Story of Religions. By the Rev. E. D. Price, F.G.S. 19. The Story of the Cotton Plant. By F. Wilkinson, F.G.S. With 38 illustrations. 20. The Story of Geographical Discovery: How the World Became Known. By Joseph Jacobs. With 24 maps, etc. 21. The Story of the Mind. By Prof. J. M. Baldwin 22. The Story of the British Race. By John Munro. With 4 maps. 23. The Story of Eclipses. By G. F. Chambers, F.R.A.S. With 19 illustrations. 24. The Story of Ice in the Present and Past. By W. A. Brend. With 37 illustrations. 25. The Story of the Wandering of Atoms. By M. M. Pattison Muir, M.A. 26. The Story of Life's Mechanism. By H. W. Conn. With 50 illustrations. 27. The Story of the Alphabet. By Edward Clodd. With 90 illustrations. 28. The Story of Bird Life. By W. P. Pycraft. With illustrations. 29. The Story of Thought and Feeling. By F. Ryland. Author of "Psychology, an Introductory Manual." 30. The Story of Art in the British Isles. By J. Ernest Phythian. With numerous illustrations of Early and Recent Art. 31. The Story of Wild Flowers. By Professor G. Henslow. With 56 Figures in Text. 32. The Story of Books. By G. B. Rawlings. With 21 illustrations. 33. The Story of King Alfred. By Sir W. Besant. 34. The Story of Fish Life. By W. P. Pycraft. 35. The Story of Euclid. By W. B. Frankland. |
|--|---|

BOILS, ULCERS, AND ABSCESSSES:

THEIR CAUSE, CURE, AND PREVENTION.

PREFACE.

BOILS and Abscesses are amongst the most common of minor ailments; Ulcers are equally common, but may be far more serious matters. Anyone who has never suffered from either Boil, Ulcer, or Abscess ought to be thankful, for every class is subject to them, whether young or old or male or female—and it has always been so, in all ages, all countries, and all climates. Nor is this surprising, seeing that, in the vast majority of cases, Boils, Ulcers, and Abscesses are the outward and visible signs of blood-disorder of some kind—blood-disorder brought on, as often as not, by injudicious feeding. Everywhere, in fact, people live wrongly. The Esquimaux set up the sores through eating fried blubber; the natives of India set them up through adding fiery spices to their rice; we ourselves set them up through gluttony. In each case, the blood is vitiated, and, Mount Etna-like, the system cleanses itself by means of an “eruption.” The Scriptures tell us that King Hezekiah was once “sick unto death” by reason of a “Boil.” Probably he had been living not wisely but too well.

In the following pages, we give many prescriptions and much advice for the cure and prevention of Boils, Ulcers, and Abscesses—prescriptions and advice the best obtainable.

BOILS.

Most people know what a Boil is like, for more probably than not, they have had practical experience of one at some time or other. Surgeons describe this kind of sore as a small, hard, cone-shaped tumour, which suppurates—that is, forms pus or matter—and has a core in its centre. This suppurating process is popularly called “coming to a head,” and, as a rule, lasts for several days, during which time the Boil, of course, increases in size until at last it breaks and discharges, when there is immediate relief. During the gathering, the pain is always more or less intense, and there is always more or less inflammation. Indeed, a Boil is really a skin-inflammation of a special kind.

Boils are common to every part of the surface of the body, and sometimes break out in very awkward places, making sitting unpleasant or impossible; but that is no reason why some doctors should, as they do, write jokingly about them. A Boil is no joke, even when a slight one, while a severe one is simply agonising. The present writer speaks feelingly, for, when a boy, he had a Boil on his neck that made him wish he were dead. Let these unsympathetic doctors be careful. They themselves may be afflicted with Boils as a kind of judgment, and then they won't laugh.

As we have indicated, there are Boils and Boils—quick-healing Boils and obstinate Boils—Boils that soon come to a head, and Boils that are dilatory in so doing—Boils that throb and jump and make the sufferer jump also, and Boils that, if not very distressing, cause a dull, dead pain and a nasty sickish sensation which would go far to irritate a saint. In the best of cases, too, they are always very tender to the touch, and, wherever situated, seem, like sores in general, ever in the way. Also, there may be more than one Boil; by which we mean that a person may have two or three at the same time. Truth to tell, he may have a crop of them. Again, sometimes no sooner is one Boil healed in one place than another appears in a different place. This is tantalising, but there it is; and the whole thing goes to show that Boils are really due to ill-health of some kind.

They are. For what is the cause of Boils? Bad blood—and hence the robust are quite as subject to them as are the weak. In the first case, they are set up by blood that is too rich; in the second case, by blood that is too poor. Doubtless, when Boils afflict the robust, they are an effort of Nature to get rid of the impurities in the system. On the other hand, when they attack the weak, they are the consequence of sheer debility both of blood and circulation. For the latter reason, they are common symptoms of anæmia and diabetes. Then, again, actual blood-poisoning sets them up, as is instanced in the case of anthrax or “wool sorter’s disease”—so called because it is caught from cattle or sheep—as well as in the blood-poisoning which causes gout and that which causes syphilis. In the first disease, the “Boils” are of a most malignant type—what are known as carbuncles; indeed, “anthrax” is the Greek for “carbuncle.”

Impure blood of some kind being the cause of Boils, it naturally follows that they trouble all classes and all ages. Also it follows that

THE TREATMENT

of them must be internal as well as external. When they occur in the robust, the diet should be limited (as likely as not, over-eating or drinking is responsible for them) and some cooling opening medicine should be taken, the “Purging Mixture” (*which see*) being as good as any. On the other hand, if they occur in the weak, then the diet should be plentiful and nourishing, and this should be aided by one of the Tonic Mixtures (*see*) or by the Quinine Pill (*see*) or the Strengthening Pill (*see*), or, if there is a scrofulous taint, by Iron and Codliver Oil (*see*), or, again, if syphilis be present, by Iodide of Potash (*see*) or Sarsaparilla (*see*). Sulphide of Calcium (*see*) is thought by many doctors to be almost a specific for Boils, and may be taken by the weak and the strong alike. Give it a trial.

As to the local treatment, a common Linseed Poultice is, in ordinary cases, the first thing to apply, and this should be renewed frequently until the Boil suppurates and bursts. It should then be well cleansed with warm water, and dressed

twice a day with the "Red Lotion" (*which see*), or, if it is not much inflamed, with Turner's Cerate (*see*), or the "Useful Ointment for Boils" (*see*). If very painful, a Poppyheads Fomentation (*see*) or the Chloroform Ointment (*see*) will give ease. This treatment will suffice as a rule, but if the Boil is a very dilatory and severe one, then the measures recommended under Belladonna (*see*) should be adopted. When a Boil is slow in coming to a head, it is better to use a more stimulating poultice than one of Linseed merely—for instance, one made by wetting oatmeal with a strong solution of salt-and-water, or one consisting of oatmeal, water, and yeast mixed together to a proper consistence. Very often, after bursting, a Boil shows but little sign of healing. In such cases, it should be painted twice a day with the Lunar Caustic Solution (*see*) or with Carbolic Acid (*see*). If the sore is very foul, a little finely-powdered loaf sugar may be sprinkled on it—which reminds us that another excellent stimulating poultice for Boils consists of brown sugar and soft soap, and yet another of powdered slippery elm and flaxseed slowly boiled in water or milk.

Some doctors advise the squeezing out of the matter in Boils; but this is a mistake. It is also a mistake to lance them early. In either case, they will probably gather again. The best thing to do is simply to help them on. Let them burst of their own accord, and then pull out the core. Keep them thoroughly clean, apply frequent warm Linseed Poultices with a little fresh Lard in them to prevent these from sticking, and all will soon be well. There is seldom or never any necessity for a surgical operation in Boils. The surgeon is much better employed on more serious matters.

By-the-way, to prevent poultices from touching adjacent parts and so, perhaps, raising other Boils (*see* "Belladonna"), it is a good plan, in simple cases, to cut a hole in a piece of linen and to lay this around the Boil so that the sore will remain uncovered, and then to take care that the poultice does not extend over said linen.

People suffering from Boils should avoid salted meats and beer as well as, of course, indigestible foods. Of Onions (*see*) they may eat plentifully. These, for one thing, are good for the bowels, which should be carefully regulated. A course of Iodide of Potash (*see*), or of Sulphur (*see*), or of Yeast (*see*) may act as a preventive.

For further treatment and hints, see "HOW TO PREVENT BOILS, ULCERS, AND ABSCESSSES" and also "REMEDIES AND PRESCRIPTIONS."

ULCERS.

An Ulcer is an open sore which secretes more or less pus or matter, or which gives out a watery discharge. Its most common seat is the leg. All Ulcers are not alike. Indeed, they vary a good deal in appearance according to their precise kind. Roughly, they may be divided into four varieties—namely, the *simple* or *healthy Ulcer*, the *indolent* or *non-healing Ulcer*, the *weak Ulcer*, and the *varicose* or *vein Ulcer*.

The *simple Ulcer* is of a rounded shape and, in colour, brightly red. Its surface is even with the surrounding skin, or only a little above it, and its edges are thin, and even with the surface. It secretes a bland, whitish, opaque (cloudy) matter, and is accompanied with but little pain or inflammation.

The *indolent Ulcer* has hard, raised, and often irregular edges, and the surface, which is glassy and semi-transparent, shows no attempt at healing. This is indicated by the discharge being thin and small in quantity, for if a sore be doing well, its discharge is thick; if badly, it is thin and watery. Make a note of that. Pus or matter is nature's attempt to cure. The pain may be very great, especially at night, and there may be considerable inflammation.

The *weak Ulcer* is between the simple and the indolent Ulcers, so to speak. In this the discharge is watery. Though there is little or no pain or inflammation, the surface of the sore, instead of being bright and "healing" in appearance, shows a tendency to develop too much, and, as a consequence, "proud flesh"—that is, a spongy excrescence—appears.

The *varicose* or *vein Ulcer* forms, as its name implies, on a varicose or swollen vein, and hence is much more serious than ordinary Ulcers, as it may lead to great—indeed, to even a fatal—loss of blood. If an Ulcer of this kind should suddenly start bleeding, apply a bandage above and below it, and send for a surgeon at once.

Ulcers, like Boils, are, in many cases, signs of constitutional weakness. At the same time, unlike Boils, they may be set

up by distinctly local causes—at first, at anyrate. A kick, a blow, an abrasion, or a bruise, burn, or scald, may cause an Ulcer, but even then the condition of the general health has mainly to do with whether the sore quickly heals or not—indeed, with whether one forms or not. It is for this reason that Ulcers are far more common amongst the poor and needy than amongst the well-to-do; and it is for a similar reason that the old are very subject to them. In the first case, the constitution is weak for want of sufficient nourishment; in the second case, the bodily strength has naturally deteriorated. But there are other reasons why Ulcers so often trouble the lower classes, and one reason which, in these days of cheap soap and of public baths and washhouses, should easily be guarded against. This reason is *uncleanliness*. In other words, the poorer classes neither change their underlinen sufficiently often nor pay sufficient attention to their skin. Hence the skin is not only irritated, but its pores become clogged, and Ulcers often result. True, the legs are more liable to kicks and blows than other parts of the body. Still, this is not the only reason why Ulcers so frequently break out on them. To put it bluntly, another and a common reason is because they are seldom or never washed.

Scrofula, consumption, and gout frequently give rise to Ulcers, as does also anæmia, and they often follow Abscesses.

THE TREATMENT

of Ulcers must, as a rule, be general as well as local, for, in the vast majority of cases, they are the consequence of some internal disorder. At the same time, they are, occasionally, distinctly local, in which case, unless they have been caused by some serious injury to the part—the shin-bone, for instance—simple outward treatment will suffice to cure them. On the other hand, if the health is at fault, mere local applications, however judiciously chosen, will probably not avail, simply because the symptom only is being treated, not the cause. This treating of the symptom only has, indeed, led to many a man and woman being laid up for months and months, for the sore may get such a hold that, at last, internal remedies, even, may take a long time to act beneficially. For this reason, too, never simply “tinker” an Ulcer, to use a sugges-

tive phrase, no matter how slight it may be. Treat it thoroughly—and treat it *at once*. A little care, rest, and attention when the sore is small or commencing will often be the means of thoroughly healing it, and so saving much pain, time, and money.

We have mentioned the word “rest.” Rest is an important item in the treatment of Ulcers, for it goes very far towards the healing of them. Many people, indeed, have had to have their ulcerated legs amputated through going about when they should have lain up. This was the case quite recently with a man of our acquaintance. He *would* follow his calling—that of an omnibus driver—despite the warnings of his doctor, and the consequence is he can’t follow it at all now, for his leg turned gangrenous, and he had to have it cut off to save his life. Of course we know that this advice as to rest is much easier given than followed by those who have to earn their living from week to week. It is something like a physician telling a poor man to live on champagne and chicken. To sit all day long with the sore leg resting on a sofa or a chair—the proper position, because it favours the *upward* circulation—doesn’t bring grist to the mill. Therefore, let us point out to those who, for want of means, cannot lay up that the same object may be achieved, in a measure, if, as is usual, the sore is below the knee, by using an ordinary wooden leg or stump into which the knee fits, so causing the lower portion of the leg to stick out behind. Never mind the look of the thing or the chaff of your friends. To get rid of the Ulcer is the great point. Imagine, for the time being, if you can, that you are a Chelsea pensioner!

As we have said, Ulcers, far more often than not, need general as well as local treatment. A great cause of these, as of other sores, is scrofula. In such cases, Iron and Codliver Oil (*see*) is the internal remedy. If anæmia be present—and pale, underfed women are very subject to Ulcers—then Iron is indicated, and an excellent prescription is given under the head “Tonic Mixtures.” If the case is simply one of general weakness, the Quinine Pill (*see*), or the Strengthening Pill (*see*), or one of the “Tonic Mixtures” (*see*) will do good; and, by-the-way, the “Strengthening Pill” just mentioned is a most valuable medicine for women afflicted, as they often are, with Ulcers owing to menstrual suppression. In such cases,

too, the sore should be dressed with the Myrrh and Limewater Lotion (*see*), while tepid baths and stomach friction should be resorted to.

The local treatment of Ulcers varies somewhat according to the precise character of the sore. In the case of a *simple Ulcer*, the healing process—that is, the formation of healthy matter—goes gradually on until a cure is effected, and all that is necessary to be done, as a rule, is to avoid every source of irritation, to apply a mild stimulant—say the Red Lotion (*see*) or Turner's Cerate (*see*)—to the sore, and to bandage the surrounding parts comfortably tight with a long strip of linen. If, however, the Ulcer be large, and especially if it has followed an Abscess, it is better, in order to thoroughly cleanse it and bring it to thorough condition, to apply a warm—not a hot—bread-and-water poultice for the first few days before dressing and bandaging.

An *Indolent Ulcer* is treated locally by strong stimulants and by strapping, the object being to change the unhealthy sore into a simple or healthy one. The strapping is done by means of strips of adhesive plaster, which should be applied tightly and evenly over the Ulcer, but not so closely as to prevent the discharge from escaping. This strapping, which keeps down and gets rid of the hard raised edges, should be renewed every two days or oftener, after the sore itself has been dressed with, say, Carbolic Acid (*see*) or some other active stimulant, such as the Nitric Acid Lotion, the Myrrh and Limewater Lotion, or the Lunar Caustic Solution (*see* "REMEDIES AND PRESCRIPTIONS"). Indolent Ulcers are sometimes very difficult to manage; hence it is often necessary to change and vary the remedies. A good plan is to apply one lotion one time and another lotion another time, so that the part may not get too used to the same remedy. Once the Ulcer has been brought to a healthy state, treat it as directed in the case of a simple Ulcer. If there is very much pain, the Anodyne Lotion (*see*) or Goulard Water (*see*) may be applied; and don't omit to take some strengthening medicine, for an indolent Ulcer is a sure sign of want of energy in the system.

A *weak Ulcer* also requires stimulating remedies, the best, perhaps, to use being the "Red Lotion," but, if this is ineffectual, a stronger one may be tried. Bandaging, too, as recommended for a simple Ulcer, is useful, while the proud flesh

should be touched every day with a Lunar Caustic Pencil (*see* "*Lunar Caustic Solution*"). Some doctors prefer touching it with sulphate of copper—what is commonly known as "bluestone." Here, again, strengthening medicines are always necessary, the watery discharge indicating local as well as general weakness.

In all cases of Ulcers, change of air is beneficial, while the food should be nourishing and the bowels should be carefully regulated.

ABSCESSSES.

An Abscess is a tumour or swelling containing matter, and may be the result of inflammation either through local causes or through impure blood. Unlike a Boil, it is soft to the touch, pitting on pressure, nor does it contain a central core. People of all ages, and of all conditions of health, are subject to this kind of sore, and all parts of the body are liable to it—even the sole of the foot and the palm of the hand. In children especially, it very frequently attacks the inside of the ear.

An Abscess may be accompanied with a most violent throbbing pain, or with comparatively little pain, and there may or may not be considerable inflammation. The amount of pain and inflammation depends greatly on the size of the Abscess and on where it is situated, as well as on the state of health of the sufferer. Sometimes, too, an Abscess is quite easily cured. On the other hand, it may be very obstinate. In weak people especially an Abscess is very apt to degenerate into an Ulcer.

THE TREATMENT

of an Abscess in a healthy person is simple enough. If no particular pain be present, all that is necessary is the application of warm poultices and fomentations, together with a little cooling opening medicine. The Poppyheads Fomentation (*see*) is a good one to use; the poultices may be of bread-and-water or linseed meal; and the opening medicine may be the Purg-ing Mixture (*see*). The poultices and fomentations should be

used freely while the Abscess is forming, and while any inflammation remains, but when the sore bursts, the poulticing alone will be sufficient, and this should be continued until all tenderness has left the part, and there is a free outlet for the discharge of matter, when a piece of dry lint should be applied to the opening and another piece of lint spread with spermacete ointment put on top of it—what is medically called a “pledget.” The whole should be kept in place with a bandage, so arranged that it will also support the sides of the sore. If, however, the Abscess is very painful and inflamed, Belladonna (*see*) should be substituted for the fomentations, and, instead of the simple purgative mixture, one containing an anodyne may be advisable—the Soothing Mixture, for instance (*see*).

If the Abscess has become ripe and does not quickly burst, it may be lanced; but this is an operation which had better be entrusted to a surgeon if the sore is near any important organ or blood-vessel. In any case, the matter should not be squeezed out after lancing, but should be allowed to flow out naturally, as it should, indeed, if it bursts of its own accord. Like a Boil, an Abscess, if squeezed out, is apt to form again. Which reminds us that, in some cases, it is necessary, in order to save great agony, to lance an Abscess before it is really ripe. This is the case when, owing to the tightness of the skin over it, it has not room to expand, as in the sole of the foot and the palm of the hand. Similarly when one forms close upon a bone. In such cases, re-gathering must be chanced.

Abscesses that occur in the weak and debilitated are frequently very indolent in coming to a head. In such cases, nothing will help them on more speedily than the stimulating poultice mentioned under Yeast (*see*). After this has been used for a time or two, the Stimulating Ointment (*see*) may be substituted; and when the sore bursts, Carbolic Acid (*see*) should be applied. And great attention should be paid to the general health. For this reason, the food should be nourishing, but moderate in quantity, and daily exercise in the open air should be taken. As a tonic, the Strengthening Pill (*see*) will be very appropriate, especially as it not only braces the system, but acts gently on the bowels.

When a CHILD has a pain in the ear and cries on the ear

near the opening being pressed, it is a pretty sure sign that the trouble is due to an Abscess. In such a case, a piece of lint soaked in laudanum should be put in the ear-passage occasionally to lull the pain, and, when the sore bursts, the parts should be well painted now and again with the Myrrh and Limewater Lotion (*see*) until a cure is effected. If these simple means do not suffice, it is best to call in a doctor in case of brain trouble arising. Probably, if the case is a bad one, he will apply leeches or a blistering lotion under the lobe.

HOW TO PREVENT BOILS, ULCERS, AND ABSCESSSES.

Keep your skin clean—the *whole* of your skin, not merely your face and hands. Bear in mind, dirt not only causes sores, but prevents the healing of them. Uncleanliness is, perhaps, the great reason why so many of the lower classes are so subject to ulcerated legs. They seldom wash their legs, or their feet either. To keep the skin in really healthy condition, a warm bath should be taken once a fortnight—and some soap should be used. Water alone is not enough. Why? Because, as water does not mix with oil, it cannot cleanse sufficiently the oil-glands of the skin, any more than it can the little tubes, sacs, or follicles out of which the hair grows, since these are also oily. And it is in these glands and hair-tubes, the latter especially, that skin germs (*see* “*Boric Acid*”) mainly accumulate. Moreover, the sweat-glands, remember, are always more or less dirty, for is it not through them that the perspiration carries off the impurities from the system? Oil-glands, sweat-glands, hair-sacs all require a thorough cleansing occasionally—and there is nothing so good for cleansing them as *warm* soap-and-water. At the same time, there is nothing so good for stimulating and strengthening them as *cold* water and friction. Therefore, cold sponge all over every morning, and give yourself a good rubbing with a coarse towel or a flesh-brush afterwards. Or, if you cannot tolerate cold water, use tepid with a handful of salt in it. Or simply rub yourself all over with the towel or flesh-brush. But don't neglect the soap-and-water once a fortnight, and wash off the soap thoroughly, and wind up with plenty of friction. There can be no doubt about it: history proves that friction combined with bathing is one of the great secrets of long life. It does

more good to the system than any drug could do, for the healthy, active skin which results from it is vital to our internal health. This is easily demonstrated. If you painted your skin all over, you would soon die, despite all the wonderful drugs you took to counteract your plugging of the pores. Ours is a remarkable age, but the Ancients knew as much as we do about the merits of friction and bathing—and attended to them more.

Another great secret of health, as well as a preventive of Boils and other sores, is the keeping of the bowels moderately open. Bound bowels poison the system. Never go longer, if you can help it, than 24 hours without having a motion. And regulate your bowels as much as you can by means of what you eat and drink. For constipation, baked apples and stewed prunes are excellent; an orange before breakfast is also useful, as is, too, a cupful of hot or of cold water, slowly sipped on going to bed. Friction of the stomach, again, for five or ten minutes nightly, rubbing from a little above the right hip across to the left groin, will often do much to prevent costiveness, as also, of course, will exercise. If such simple means as these fail, then take occasionally a Mild Aperient Pill (*which see*); but don't let the taking of this pill or any other medicine for constipation become a mere habit. On the contrary, try to find out what is binding you, and, when you have found out, avoid it. Perhaps you are taking too much strong tea—or do you indulge in sloe gin? Perhaps, again, you are eating too much bread or too many potatoes. Any one of these things may be the cause of the trouble.

As to clothing, change your underlinen every few days, or oftener, especially in hot weather, and never sleep in it at night. Underlinen clogged with perspiration irritates the skin. And don't wear anything tight—neither collars, belts, garters, corsets, nor wristbands. Let your blood circulation have full play. Again, clothe *evenly*, and according to the seasons, so that the *whole* of your body may be just *comfortably* warm. Too many clothes are weakening, and may set up Boils or other sores; too few render one liable to catch cold, when the same result may ensue.

MARK WELL: Never continue to wear any article of under-clothing—stockings, for instance—the dye of which comes off on the skin.

Take as much out-of-doors exercise as you feel does you good. By which we mean take neither too much nor too little, but a moderate amount of it. Scorching is bad, whether on a bicycle or on foot; but exercise graduated to the strength of the individual is one of the best preventives of Boils and other sores, because it equalises and strengthens the circulation as well as imparts healthy activity to the skin. And when out in the open take *deep* breaths through the nose, exhaling slowly through the mouth. That is a simple and efficient way of oxygenating the blood. Most people, by-the-way, fail to gain the full benefit of fresh air, because they don't breathe properly. They seem afraid of expanding their lungs. They should breathe *deeper down*.

Look to the drains. If you have the slightest suspicion that they are out of order, complain to your landlord, or, if he pooh-poohs the idea, to the sanitary inspector. Remember, Boils and other sores are often due to the bad air from drains, for this, of course, poisons the blood.

Look, too, to your water supply for a similar reason—that is, for the reason that impure water poisons the blood. If you fancy there is anything wrong with it, have it tested. A safe plan is always to boil water you are in doubt about. You can easily oxygenate it afterwards by pouring it for a few times from one vessel into another. MEM.: Refill all water-bottles daily; and see that the cistern is kept clean. Many householders never think of having this cleaned out, and, consequently, it often gets full of dirty sediment and of minute animal and vegetable life that may carry disease.

Don't overfeed yourself, for overfeeding likewise poisons the blood, and so may lead to a plentiful crop of Boils or other sores. Shun, too, rich dishes, and never eat quite as much as you feel you could. If you eat until you feel you can't eat any more, you eat too much. Do leave an "odd corner" vacant. If this were always done, people would live longer, for the digestive apparatus would not be so soon worked out. We all eat too much, and we are paying the penalty. As regards diet, a mixed one is best—flesh, fish, or fowl (be sure the fish is quite fresh), with plenty of well-boiled *green* vegetables and some *riper* fruit.

We say "be sure the fish is fresh" advisedly, for, of all meat foods, fish is the soonest to become bad. In very hot

weather, indeed, it "goes off" in a comparative few hours—mackerel especially. It is a good rule not to eat mackerel at all except at the sea-side. And, even then, be sure you don't buy it from a fish-hawker, for fish-hawkers are very artful in their generation. It is a common practice with them to buy at night, for a trifle, the fish left over at the shops, and then to retail it in the morning as "just caught." It is much the same with other foods (fruit, for instance) sold by hawkers—much the same all over the kingdom. The present writer has no hesitation in saying that tainted fish and fruit are amongst the *chief* causes of skin troubles; and, if he had his way, he would abolish the hawking of perishable foods by Act of Parliament. The working-classes and their children would reap in healthiness the benefit—just as they would if the "ice-cream man" were prohibited. It is not only that hawkers dispense stale fish and fruit (faked up, it may be), but overnight their "stock" is kept in a fever-breeding atmosphere under dirty bedsteads. We know, because we've seen with our own eyes.

Well ventilate your rooms, and let the sunshine into them. Sunshine is a splendid tonic; fresh air is the great blood purifier. What we all need is oxygen, and plenty of it, and we can't obtain sufficient out of a close atmosphere. Throw up and pull down the window-sashes in fine weather, and draw aside the curtains. And don't be afraid of the night air. Night air is very often the purest air, especially in cities, for aren't the fires then out?

Finally, keep your head pleasantly cool and your feet comfortably warm, and avoid draughts and chills—not only external chills, but the internal chills caused by the eating of ices. Ices and iced drinks are responsible for many a Boil and other sore. For which reason, mothers, don't let your children patronise the ice-cream man.

Keep your nails clean. Many a virulent Ulcer has been caused through poisoning the skin by scratching it with finger-nails that were dirty. Which reminds us of an anecdote. A famous surgeon was once asked by a brother surgeon how it was that he was so successful in his operations. "Because I keep my nails clean," replied he, glancing at the other's dirty ones.

And PARTICULARLY NOTE: Never make light of an injury, however slight, to the shin, but take means to heal it at once.

REMEDIES AND PRESCRIPTIONS.

ALPHABETICALLY ARRANGED.

ACETATE OF LEAD CERATE.

This, like Turner's Cerate (*see*) is a cooling and drying preparation for BOILS and SIMPLE ULCERS. It is prepared thus:—

Acetate of Lead in powder.....	2 drachms.
White Wax	2 ozs.
Olive Oil	$\frac{1}{4}$ pint.

Melt the wax in 7 fluid ounces of the Oil; then add gradually the Acetate of Lead, separately rubbed down with the remaining Oil, and stir with a wooden spatula until they be thoroughly incorporated.

Smear on, or apply on lint, night and morning.

NOTE that, if a sore is much inflamed, it is better to use a Lotion than an Ointment, as the latter is naturally more heating.

ALUM AND ZINC WATER.

To CLEANSE and strengthen WEAK ULCERS and also INDOLENT ones, the following prescription may be tried with benefit; it makes a most useful lotion:—

Powdered Alum	$\frac{1}{2}$ oz.
Sulphate of Zinc.....	$\frac{1}{2}$ „

Dissolve together in 2 pints of boiling water; then filter the solution, with which keep the sore moist.

ANODYNE LOTION.

When ULCERS are very PAINFUL and IRRITABLE, the following Lotion is, as the word anodyne implies, easing and soothing:—

Crude Opium.....	2 drachms.
Warm Water.....	1 pint.

Rub the Opium in a mortar with a little of the warm water for a few minutes, then pour the remaining quantity of water upon it, and mix them well together.

Paint on or apply on lint two or three times a day.

BELLADONNA.

Belladonna is one of the most popular drugs in the treatment of UNBROKEN BOILS and ABSCESSES. This is because it is a very excellent remedy for EASING PAIN and REDUCING INFLAMMATION. It is prescribed for internal as well as for external use. The prescription for *inward* use is:—

Tincture of Belladonna 32 drops.
 Water to..... 2 ozs.
 Dose: 1 teaspoonful every two hours.

Or two Tincture of Belladonna tabloids containing 1 drop each (obtainable from chemists) may be taken as a dose instead.

The prescription for *outward* use is:—

Belladonna Liniment 1 oz.
 Pure Glycerine 1 „
 Mix.

In the case of an ABSCESS, smear the above Liniment thickly over the sore, and then apply a warm poultice, which change as often as it gets cold, after wiping off the old Liniment and smearing on fresh.

In the case of a BOIL, smear the Liniment not only on it, but for some distance around it, and be sure that the poultice does not extend beyond the greasy surface. Or, better still, get from a chemist a piece of Belladonna plaster about 3 inches square, cut a hole in the middle of it the size of the Boil, warm it before the fire, so that it will stick, and then apply it so that the Boil will protrude. After which, smear some Liniment on the Boil itself, and apply a poultice over all, but not beyond the plaster. By either of these means, the poultice is prevented from bringing out fresh Boils, which it is apt to do if it covers the adjacent tissues without these being protected. The plaster—which, by-the-way, should be preferably of leather—is, of course, the most efficient protection, and is, therefore, worth the extra trouble. As in the case of an Abscess, the poultice should be changed as often as it gets cold, after applying fresh Liniment. The plaster, however, need not be changed.

Belladonna, as an *internal* remedy, is thought to do most good in the early stages of Boils and Abscesses before matter

has been formed. When this is present, Sulphide of Calcium (*which see*) is said to be better.

BORIC ACID.

Dr. Metchnikoff, of Paris, has quite recently—indeed, since the present handbook was written—revived the old theory that Boils are due to the action of certain germs. He points out that these inconceivably small seeds exist in great numbers in our skin, especially in the hair-sacs, and argues that, while they are harmless when we are healthy, they may multiply and penetrate to such an extent when we are unhealthy as to give rise to the gathering which constitutes a Boil. In other words, a Boil, according to Dr. Metchnikoff, is the result of a kind of germinal inoculation. Hence he advocates an antiseptic treatment for the sores—that is, a treatment which will prevent putrefaction; and as, perhaps, the best of all antiseptics is Boric (or Boracic) Acid, he himself uses that substance. According to the medical paper *Health*,

“He applies to the extremities a Saturated Solution of Boric Acid in Alcohol. On other parts of the body he applies Boric Acid as a powder, and covers it with wadding, which is frequently moistened with alcohol. When the affection is in the nostril, the Solution is applied with a brush. When the Boils are in the external ear, he makes an incision only when he is certain that pus is present and the centre of the follicle can be reached. Otherwise the treatment consists in bathing the ear with Boric Solution. When an outbreak of Boils is general, Boric baths are used.”

This germ theory may certainly account for some Boils—for those to which the weakly are subject, if not for those to which the strong and robust are liable; and perhaps it is because it does that the “Useful Ointment for Boils” (*which see*) is such a good one in some cases. However that may be, Dr. Metchnikoff’s treatment is well worth trying, especially as it is so simple.

A Saturated Solution of Boric Acid in Alcohol means, of course, as much Boric Acid as the Alcohol will hold in solution. For a bath, 1 teaspoonful of Boric Acid to every quart of water would, probably, be a sufficient strength. Dissolve the Acid in some boiling water before adding it to the bath.

The Boric Solution must be most excellent for allaying the

inflammation, in which respect, if for no other, it has an advantage over the Ointment just mentioned.

CAMPBOR AND OLIVE OIL.

When a Boil first appears, it may sometimes be CUT SHORT by rubbing in Tincture of Camphor and Olive Oil thrice a day. These substances are not to be mixed, but used separately—the Camphor first, to stimulate; and then the Oil, to soothe.

CARBOLIC ACID.

Carbolic Acid, being stimulant, is of great service in helping to change an INDOLENT ULCER into a simple one, as well as in aiding an OBSTINATE BOIL or ABSCESS to heal. The prescription is:—

Carbolic Acid.....	1 drachm.
Water	2½ ozs.
Mix.	
Paint on or apply on lint.	

Some doctors prefer painting Glycerine of Carbolic Acid on the sore. Others, again, prefer the following prescription:—

Carbolic Acid.....	10 drops.
Vaseline	1 oz.
Mix.	
Smear on with finger, or apply on lint or linen.	

CHLOROFORM OINTMENT.

This Ointment is one of the best possible for RELIEVING the PAIN in BOILS, ULCERS, or ABSCESSSES:—

Chloroform	1 drachm.
Lanolin	1 oz.
Mix.	
Smear on the sore, or apply on linen, two or three times a day.	

NOTE that Lanolin and Vaseline are much superior to lard as unguents, because they are not nearly so apt to turn rancid. See, therefore, that your chemist does not substitute lard. A rancid Ointment would do more harm than good by setting up irritation.

COLD-WATER CURE FOR ULCERATED LEGS.

The Cold-Water Cure for Ulcerated Legs is very simple, but, at the same time, it gives, owing to the bandaging, a lot of trouble. It may be worth trying, if other means fail. Dr. Johnson, in his "Domestic Practice of Hydropathy," thus describes it:—

"The wound should be covered with fine lint, four or five times doubled, and dipped in cold water, and applied quite wet, with all the loose water in it. Then the entire leg—lint and all—should be covered with a piece of soft wet linen, two or three times folded. Over this, oiled silk should be applied, quite round the leg, from the knee to the ankle. Over all, a calico bandage, three inches wide and six or seven yards long, should be neatly, accurately, and evenly applied, so as to make exactly even pressure upon every point of the limb. Much of the efficacy of this local treatment will depend upon the manner in which this external bandage or roller is laid round. It should be dry, and should be drawn tolerably tight.

"In addition to the local treatment, a wash-down may be taken twice a day, and a vapour bath once a week, followed by a shallow bath. The actual sweating may last from ten to twenty minutes.

Diet: A full mixed one, but no stimulants. *Exercise:* As much as the patient's strength can bear.

The water dressing and bandaging should be applied twice a day.

This treatment is said to be very successful, but we cannot say that we agree with it—especially with the exercise. Rest is the thing.

COLLODION.

What is called Flexible Collodion is a good local application for BROKEN BOILS. It should be painted on with a camel-hair brush once or twice a day, each successive coat being put on over the previous coat. By this means irritation is allayed—and sometimes, in the early stages, Boils are very irritable—while the Boil itself is soon dried up.

Collodion is a solution of gun-cotton in alcohol or ether much used in photography, and upon its strength depends whether it is astringent or pliant. In the former case, it is called Contractile Collodion; in the latter, Flexible Collodion—and the "flexible" preparation is what you want in the present instance.

DUSTING POWDERS.

SIMPLE ULCERS can often be speedily dried up and cured with what are called Dusting Powders—that is, of course, powders dusted on the parts. If the general health be good, a Dusting Powder may be all that is necessary.

A great many substances are used for the purpose—for instance, Oxide and Carbonate of Zinc, Camphor, Starch, Powdered Cinchona Bark, Fullers' Earth, Boric Acid, and various preparations of Bismuth. But probably the very best Dusting Powder is that mentioned under the head "Poultices" (*which see*).

GLYCERINE OF TANNIN.

This preparation, being a powerful astringent, is very useful for drying up and healing BOILS, ULCERS, and ABSCESSSES. It should be painted on the sore with a camel-hair brush two or three times a day. If much pain is excited, a bread poultice may be applied at night, in order that sleep may not be interfered with.

Glycerine of Tannin is a safer remedy than Tincture of Iodine (*which see*), and almost, if not quite, as effectual.

NOTE that, when the blood is much disordered, it is a mistake to dry up sores very quickly, as fresh ones will then, probably, break out.

GOULARD WATER.

Applied to INFLAMED BOILS, ULCERS, or ABSCESSSES, this Water—a famous one—is very cooling and soothing:—

Extract of Lead (<i>Liquor Plumbi Acetatis</i>)....	1 drachm.
Distilled Vinegar	2 ozs.
Proof Spirit of Wine.....	$\frac{1}{2}$ oz.
Water	1 pint.

Mix.

Paint on or apply on lint two or three times a day.

GOUT MIXTURE.

Of course, when BOILS are caused by GOUT, the object must be to get rid of that disease—a by no means easy matter. The following mixture is, however, one of the best for this purpose:—

Bicarbonate of Soda.....	1 drachm.
Colchicum Wine.....	1 „
Water to.....	6 ozs.

Dose: 2 tablepoonsful thrice a day.

Here the quantity of Colchicum is so very small—10 drops—that it cannot possibly act injuriously. Besides, in these small doses it is more likely to bring about a *permanent* cure.

Or, if you are prejudiced against Colchicum—and many people are owing to its having been given, like mercury, in over-doses—try Epsom Salt alone—1 drachm, in a wineglassful of warm water, for three days in succession, when drop for a day, and then begin again.

This Epsom Salt remedy is, unfortunately, as nauseous as it is simple; but you mustn't mind that. To our own knowledge, it has often, when persevered with, cured Gout for good—probably because, in the drachm or teaspoonful doses, it acts mainly on the kidneys.

IODIDE OF POTASH.

In cases where BOILS, ULCERS, or ABSCESSSES are constitutional, a course of Iodide of Potash is likely to act as a PREVENTIVE. This prescription is a good one:—

Iodide of Potash	2 drachms.
Infusion of Calumba	6 ozs.

Mix.

Dose: 1 dessertspoonful thrice daily, between meals.

Stop it for a day or two if it causes a running at the nose—what is called “iodism.”

NOTE that Iodide of Potash is especially indicated if the sores are due to SYPHILIS.

IRON AND CODLIVER OIL.

This Mixture is “indicated,” to use the medical phrase, where ULCERS are due, as they often are, to SCROFULA. It is also a most excellent one for EXCESSIVE WEAKNESS. The prescription is:—

Syrup of Iodide of Iron	3 drachms.
Codliver Oil	6 ozs.
Mucilage	1 oz.

Mix.

Dose: 1 tablespoonful, after meals, thrice daily.

LUNAR CAUSTIC SOLUTION.

Lunar Caustic (Nitrite of Silver) Solution is a good stimulant to apply to INDOLENT ULCERS and OBSTINATE BOILS. The prescription is:—

Lunar Caustic	$\frac{1}{2}$ drachm.
Water	1 oz.
Mix.	

Paint on, or apply on lint twice daily.

Lunar Caustic itself, in what is called pencil form, is much used for touching the PROUD FLESH in WEAK ULCERS.

MILD APERIENT PILL.

The following is a most serviceable Pill for occasional use in BOILS, ULCERS, or ABSCESSSES if the bowels become at all bound:—

Compound Extract of Colocynth	$\frac{1}{2}$ drachm.
Compound Rhubarb Pill	20 grains.
Castile Soap	10 „
Oil of Juniper	5 drops.

To make 12 Pills.

DOSE: 1 Pill at bedtime, or, perhaps, 2 Pills may be required.

Your chemist will make up this Pill. If he says he has a better one, contradict him point blank. Many chemists, in their own estimation, have always got “something better” for everything.

MYRRH AND LIMEWATER LOTION.

The following is a very excellent stimulating Lotion for INDOLENT ULCERS, and also for the Ulcers due to SCROFULA or to MENSTRUAL IRREGULARITY:—

Tincture of Myrrh	1 $\frac{1}{2}$ ozs.
Limewater	1 $\frac{1}{2}$ „
Mix.	

Paint on, or apply on lint two or three times a day.

This Lotion, too, is very useful for ABSCESSSES that form inside the EAR.

NITRIC ACID LOTION.

This Lotion, which is stimulating and detergent (cleansing), was a favourite one with that eminent physician, Sir Astley Cooper, in cases of INDOLENT ULCERS, and is prepared thus :—

Dilute Nitric Acid	2 drachms.
Water	1 pint.
Mix.	

Apply by means of a camel-hair brush.

NOTE that water about to be used for Lotions should always be boiled, if it is not distilled.

ONIONS.

Dr. Whitla has a very high opinion of Onions in the treatment of BOILS—of the Spanish Onion especially. He says they should “be boiled for one or two hours and eaten freely at bedtime;” and he adds that they are valuable not only as a CURE but as a PREVENTIVE.

Probably the efficacy of Onions is due to the Sulphur in them (see “*Sulphur*”), which, of course, acts mildly on the skin as well as gently on the bowels. In any case, Onions are most healthy vegetables with those with whom they agree—most excellent for the blood; and, as a rule, they are too much neglected. There is no better dish for children.

NOTE: Be sparing with the pepper and vinegar.

A roasted Onion, by-the-way, makes a very soothing poultice for a Boil.

POPPYHEADS FOMENTATION.

A Fomentation of Poppyheads is often very soothing to IRRITABLE and PAINFUL ULCERS and ABSCESSSES, and is easily prepared, thus: Boil 2 ozs. of white Poppyheads, bruised, in 2 pints of water for quarter-of-an-hour, and then strain.

Apply warm, not hot, by means of lint, flannel, or sponge, two or three times a day.

An ounce of Chamomile or of Elder Flowers boiled with the Poppyheads will improve the Fomentation.

In the intervals, a soothing Ointment—say, the Chloroform Ointment (*which see*)—may be applied, if there is not very much inflammation. If there is, use in preference a soothing Lotion—one, for instance, prepared with Sal Ammoniac (*which see*).

POULTICES.

We have already mentioned various Poultices, but the following are such excellent ones that they must not be omitted.

Here is what is called an ANTISEPTIC Poultice—that is, one which will check putrefaction—and which, therefore, is just the thing to use if an ULCER is very foul:—

Linseed Meal.....	$\frac{1}{2}$ lb.
Charcoal Powder	2 ozs.
Mix with hot water to a proper consistence.	

And here is a most useful Poultice to ALLAY PAIN and INFLAMMATION:—

Extract of Lead (<i>Liquor Plumbi Acetatis</i>)..	$1\frac{1}{2}$ drachms.
Rectified Spirit of Wine	2 ozs.
Water	12 „

Mix with crumb of Bread to make the whole into a proper consistence.

Another admirable PAIN-RELIEVING Poultice is made thus:—

Pour 2 pints of water on 2 ozs. of Hemlock Leaves, and boil till only a pint remains, when as much Linseed Meal as is necessary is to be added.

Finally, for HIGHLY-INFLAMED ULCERS, a Cold Potato Poultice should be tried, sprinkled with a small quantity of the following absorbent or Drying Powder:—

Powdered Camphor.....	$\frac{1}{2}$ drachm.
Powdered Talc	3 drachms.
Oxide of Zinc.....	3 „
Mix.	

PURGING MIXTURE.

The following Purging Mixture is cooling and purifying, and therefore very serviceable when BOILS, ULCERS or ABSCESSSES trouble the costive or full-blooded.

Epsom-Salt	$\frac{1}{2}$ oz.
Glauber's Salt	$\frac{1}{2}$ "
Spearmint Water.....	5 $\frac{1}{2}$ ozs.
Antimonial Wine	2 drachms.
Tincture of Senna	$\frac{1}{2}$ oz.
Mix.	

DOSE: 2 or 3 tablespoonsful. Repeat, if necessary, every three hours till it operates.

Glauber's Salt is Sulphate of Soda.

QUININE PILL.

This is an admirable Pill for debilitated people suffering from BOILS, ULCERS, or ABSCESSSES. The prescription is:—

Sulphate of Quinine	1 drachm.
Extract of Gentian.....	q.s.
To make 30 Pills.	

DOSE: 1 Pill thrice a day, before meals.

"Q.S." means quantity sufficient.

"RED LOTION."

What is called "Red Lotion" is much used in hospitals for BROKEN BOILS and SIMPLE and WEAK ULCERS. It is prepared thus:—

Sulphate of Zinc.....	40 grains.
Compound Tincture of Lavender	$\frac{1}{2}$ oz.
Water.....	1 pint.
Mix.	

Apply on a piece of lint the size of the sore, cover over with oil-silk, and bandage. Renew the dressing twice or thrice a day—that is, just often enough to keep the part moist.

This Lotion, being mildly stimulant, soon causes the sore to heal up.

SAL AMMONIAC LOTION.

Like Goulard Water (*which see*), this is a soothing and cooling Lotion, and therefore very useful when BOILS, ULCERS, or ABSCESSSES are much INFLAMED:—

Sal Ammoniac.....	2	drachms.
Rectified Spirit of Wine	1	oz.
Water.....	5	ozs.

Mix.

Apply on lint two or three times a day.

SARSAPARILLA.

Doctors differ a great deal as to the merits of this well-known substance, and always have done so. For instance, that famous old physician, Abernethy, had a great opinion of it as a BLOOD PURIFIER, while the present-day Sir Lauder Brunton has so poor an opinion of it that he sarcastically says, in his book on drugs, that the dose of it is from a wineglassful to a bucketful. When doctors thus differ, the best thing one can do is to go by one's own experience—if one has had any. And the present writer has had experience of the following preparation of Sarsaparilla, and most highly recommends it as a strengthening and a purifying Mixture:—

Take of Sarsaparilla Root, sliced and bruised, 6 ozs.; Liquorice Root, sliced, 1 oz.; Limewater, 4 pints. Let them digest together in a covered vessel for 24 hours, during which time they should be frequently stirred and shaken. After being strained, it is fit for use. DOSE: $\frac{1}{2}$ pint twice a day.

The above prescription should be tried by those whose blood has been poisoned in any way. It is much simpler and even more effective than what is known as the “compound decoction” of the drug. For SYPHILIS it is most excellent.

SOOTHING MIXTURE.

Sometimes the pain and inflammation set up by BOILS, ULCERS, and ABSCESSSES is so intense that a Soothing Mixture for internal use is advisable. This is an excellent one, as it is both anodyne and purgative:—

Epsom Salt	1	oz.
Solution of Acetate of Ammonia	3	ozs.
Laudanum.....	1	drachm.
Water.....	3	ozs.

Mix.

DOSE: 2 tablespoonsful thrice a day.

STIMULATING OINTMENT.

When BOILS or ABSCESSES are slow in coming to a head, the following Ointment will help them on :—

Extract of Opium	1	part.
Extract of Belladonna	1	„
Pure Glycerine.....	1	„
Resin Ointment	60	parts.

Mix.

Smear on the sore two or three times a day.

Your chemist will make up from the above proportions any quantity of the Ointment you may desire.

STRENGTHENING PILL.

The following is a valuable strengthening Pill, and may be taken with great advantage in cases where BOILS, ULCERS, or ABSCESSES proceed from GENERAL WEAKNESS :—

Sulphate of Iron.....	$\frac{1}{2}$	drachm.
Subcarbonate of Potash	10	grains.
Myrrh, in powder	1	drachm.
Compound Powder of Aloes	$\frac{1}{2}$	„

Mix, and divide into 30 Pills.

DOSE : 2 Pills thrice a day.

For the Ulcers in WOMEN due to MENSTRUAL SUPPRESSION, this Pill is especially useful.

SULPHIDE OF CALCIUM.

Sulphide of Calcium—in other words, Sulphide of Lime—has a very great reputation in the treatment of BOILS ; probably, indeed, no other medicine is so highly thought of. For instance, Dr. Ringer says of it :—

“ 1-10th of a grain of Sulphide of Calcium given hourly, or $\frac{1}{4}$ or $\frac{1}{2}$ a grain three or four times a day, will generally prevent the formation of fresh boils, while it lessens the inflammation and reduces the area of existing boils. At the same time it liquifies the core, which separates much more speedily, thus curtailing considerably the course of the boil. When the skin has not yet broken, and the slow separating core is not yet exposed, the Sulphide often converts the boil into an abscess, whence, at bursting, pus is freely discharged, and the wound at once heals. If the centre of the hardened, swollen tissues is not yet dead, the pustule may dry up, the

inflammation subside, and a hard knot be left, which disappears in a few days without the formation of a core, and without any discharge. The remedy, meanwhile, improves the general health, removing that debility and *malaise* (sickness) ordinarily so markedly associated with boils."

Tabloids containing 1-10th of a grain of the Sulphide are sold by chemists, and constitute a very convenient form in which to take the hourly doses. Dissolve them in or wash them down with a little water.

Or, if preferred, the following prescription may be substituted:—

Sulphide of Calcium	24 grains.
Sugar of Milk.....	$\frac{1}{2}$ oz.

Mix, and keep in a well-stoppered bottle.

—Dose: 5 grains, or as much as will cover a sixpence, every four hours.

In some form or other, this remedy should certainly be tried.

SULPHUR.

Sulphur is said to be a PREVENTIVE of BOILS—and no doubt it is, seeing that it acts both on the skin and the bowels. The *dose* is 10 grains in a little milk two or three times a day. (See "*Onions*.")

Probably no substance is so much used in skin troubles as Sulphur. This is indicated by the number of drugs containing Sulphur mentioned in this handbook—Sulphuric Acid, for instance (*which see*).

Sulphur Powders or Sulphur Lozenges are very useful for CHILDREN suffering from Boils.

SULPHURIC ACID.

Sulphuric Acid is often serviceable in BOILS. Of course it must be the diluted preparation—Dilute Sulphuric Acid, as it is called. Sulphuric Acid is, of course, Oil of Vitriol.

The *dose* is 10 drops twice a day, before meals, in a little water. Don't let it touch the teeth, or it may injure the enamel.

This substance is both tonic and antiseptic (checks putrefaction). It is, therefore, particularly indicated if the Boils are FOUL or much INFLAMED. In similar cases, it must be useful in ULCERS and ABSCESES.

TINCTURE OF ACONITE.

When, in BOILS, ULCERS, or ABSCESSSES, the PAIN and INFLAMMATION are very great, Tincture of Aconite is often prescribed both internally and externally; but don't adopt it unless simpler means fail.

The prescription for *inward* use is:—

Tincture of Aconite	15	drops.
Water to	2	ozs.
Mix.		

Dose: 1 drachm—that is, 1 teaspoonful—every 10 minutes for the first hour, and then a similar dose hourly until the pain subsides.

The prescription for *outward* use is:—

Tincture of Aconite	$\frac{1}{4}$	oz.
Water	$\frac{1}{2}$	pint.
Mix.		

Apply the above Lotion on lint, or by means of a camel-hair brush, twice a day.

Aconite Ointment may be used instead of the Lotion. It should be diluted with an equal quantity of Lanolin or Vaseline. As we have said, however, lotions are better for inflamed surfaces.

TINCTURE OF IODINE.

Tincture of Iodine, painted on OBSTINATE BOILS, ULCERS, or ABSCESSSES, speedily heals them up. It is a remedy, however, which, being so active, must be used carefully. Tell your chemist, if you determine to try it, to make up a *weak* solution, and don't use it oftener than once a day.

That Iodine is a most serviceable remedy for sores is certain, despite its detractors both inside and outside the profession. Here, for instance, is what a gentleman wrote about it in one of the newspapers the other day:—

“My sister when 12 years of age came home from Manchester (where she had been staying for over two years with our mother's sister) suffering from Abscesses in her left thigh, caused, as we always supposed and as the doctors thought, by taking cold and a slight wrench. For the next seven years she had great trouble with them. . . Some one then persuaded my father to try Tincture of Iodine to paint it with, and, in the course of a year or so, the holes had completely made up. She is now 36 years of age, but at the

present time she has still to use the Iodine occasionally, when she feels the old pain, as if it were not used the abscess would come again. In another case I recommended it to a man in Tibshelf, who had an abscess in his jaw, and had been doctoring it for three years. In about three months there was nothing to be seen of it only a scar."

(See "*Glycerine of Tannin.*")

TONIC MIXTURES.

When BOILS, ULCERS, or ABSCESSSES afflict the debilitated, an internal tonic will go greatly to help on a cure. Either of the following mixtures will prove beneficial:—

Tincture of Perchloride of Iron	1	drachm.
Chloric Ether	1	"
Glycerine	1	"
Water to	8	ozs.
Mix.		

Tincture of Perchloride of Iron.....	1	drachm.
Chloric Ether	40	minims.
Infusion of Quassia to	8	ozs.
Mix.		

Citrate of Iron and Ammonia	2	drachms.
Syrup of Orange-peel.....	$\frac{1}{2}$	oz.
Water to	8	ozs.
Mix.		

Sulphate of Quinine	16	grains.
Dilute Sulphuric Acid	$\frac{1}{2}$	drachm.
Water to	8	ozs.
Mix.		

Sulphate of Quinine	8	grains.
Sulphate of Iron.....	16	"
Dilute Sulphuric Acid	8	minims.
Water to	8	ozs.
Mix.		

The *dose* of each of the above Mixtures is the same—namely, 2 tablespoonsful three times a day before meals.

The first two prescriptions are especially good for females suffering from ANÆMIA.

TURNER'S CERATE.

What was known as "Turner's Cerate" (a cerate is a composition of wax, and is firmer than an ointment) was in great

favour as a remedy for BOILS and SIMPLE ULCERS many years ago. It is a very valuable preparation, and is made thus:—

Take of prepared Calamine, $\frac{1}{4}$ lb.; of Yellow Wax, $\frac{1}{4}$ lb.; and of Olive Oil, $\frac{1}{2}$ pint. Mix the oil with the melted wax; then remove the Mixture from the fire, and, as soon as it begins to thicken, add the Calamine, stirring constantly until it becomes cold.

Apply night and morning on lint or linen rag; or, preferably, smear it on.

This Mixture is cooling and drying.

Calamine is a native carbonate of zinc. Tell your chemist to use the *white*, not the red. The above are the quantities. You needn't get so much made up.

USEFUL OINTMENT FOR BOILS.

The following Ointment is a most useful one for BROKEN BOILS; indeed, it very often cures them in a day or two:—

Boracic Acid.....	2 drachms.
Benzoic Acid	15 grains.
Vaseline	2 $\frac{1}{2}$ ozs.
Mix.	

Spread over the Boil occasionally.

Try this Ointment, if the sore is not very hot (*see "Boric Acid"*).

Boracic (or Boric, for the word is spelled both ways) Acid is, of course, obtained from borax. Benzoic Acid is derived from the resinous juice benzoin.

VINEGAR.

Sometimes, when a BOIL or an ABSCESS is forming and is very painful and inflamed, nothing will give speedier relief than ordinary Vinegar. This is worth knowing, as it is such a handy remedy.

The Vinegar should be diluted with an equal quantity of water, and applied frequently on lint or linen rag.

If you graze or bruise your shin, the first thing to apply is this simple Lotion. It may prevent an ULCER.

YEAST.

Yeast (Brewers' Barm) is said to be a PREVENTIVE of BOILS. The *dose* is 1 teaspoonful thrice a day, between meals. It must act very similarly to Sulphur (*which see*).

Some doctors recommend Yeast as a CURE for BOILS, but, as a rule, it is neither so good nor so quick as Sulphide of Calcium (*which see*). At least, so say other doctors. However, try it, if you like.

Those who *have* tried it speak very highly of it—and they naturally know best. In one case we've heard of, it speedily cured a perfect crop of Boils.

Yeast, too, makes excellent poultices when mixed with other ingredients. It would be too powerful by itself. We have referred to one poultice containing Yeast under the head "Treatment" of Boils, but here is another, which will quickly bring both Boils and ABSCESSSES to a head, and which is also valuable for cleansing and stimulating WEAK as well as INDOLENT ULCERS:—

Flour.....	1 lb.
Yeast of Beer	$\frac{1}{2}$ pint.

Bakers' Yeast, though not so strong as Brewers' Barm, is also, evidently, good for Boils. At any rate, bakers themselves, we are told, are much in the habit of drinking it, mixed with water, as a cure and a preventive. And they certainly ought to know what is good for the sores, being so subject to them, owing to the heated atmosphere in which, in a double sense, they "make their bread."

ESTABLISHED 1835.

W H E L P T O N ' S

VEGETABLE PURIFYING PILLS



Have enjoyed a successful reputation for the relief and cure of
HEADACHE, INDIGESTION or DYSPEPSIA, CONSTIPATION,
BILIOUSNESS, RHEUMATISM, KIDNEY DISORDERS,
and **SKIN DISEASES.**

WHELPTON'S PILLS

(THE BEST FAMILY MEDICINE)

are purely vegetable in composition and contain
NO HARMFUL INGREDIENTS.

To Ladies. These Pills are particularly suitable in removing
the distressing complaints peculiar to the sex.

Purify the Blood and ensure a clear complexion.

WHELPTON'S HEALING OINTMENT

STANDS UNRIVALLED

For the cure of **Cuts, Burns, Bruises, Ulcers, Sores,** and all
kinds of **Skin Diseases.**

A SPECIFIC FOR ECZEMA.

Burns, Scalds, Cuts, &c., happen when least expected. Be prepared

7½d., 1/1½, and 2/9. Of all Chemists.

1368

G. WHELPTON & SON, 4 Crane Court, Fleet-St., LONDON, E.C.

THE MOST USEFUL MEDICAL HANDBOOKS EVER PUBLISHED.

HEYWOOD'S Penny Medical Library

**1—WHAT THE DISEASE TREATED ON IS!
2—HOW TO CURE IT!!
3—HOW TO PREVENT IT!!!**

Each Book contains the published opinions of the most eminent Medical Authorities, and a large number of prescriptions.

ONE PENNY EACH; post free 1½d.

- | | | |
|---------------|--------------------------------------|-------------------------------------|
| 1—RHEUMATISM | 8—INFLUENZA | 13—BALDNESS |
| 2—DYSPEPSIA | 9—PILES | 14—NERVOUS DEBILITY |
| 3—NEURALGIA | 10—SLEEPLESSNESS | 15—ASTHMA |
| 4—ECZEMA | 11—COUGHS, COLDS,
and SORE THROAT | 16—GOUT |
| 5—BRONCHITIS | 12—BILIOUSNESS | 17—OBESITY (Fatness) |
| 6—CONSUMPTION | | 18—BOILS, ULCERS, and
ABSCESSSES |
| 7—HEADACHE | | |

PUBLISHED BY—

ABEL HEYWOOD & SON, 56 & 58 Oldham Street, Manchester.

LONDON

SIMPKIN, MARSHALL & Co., Stationers' Hall Court. | H. VICKERS, Angel Court, Strand.
JOHN HEYWOOD, 29/30 Shoe Lane, E.C.

Abel Heywood & Son's Popular Guides

With Map of 2,000 Square Miles, **TWOPENCE.** Without Map, **ONE PENNY.**

Cycling, Driving, & Walking Routes are included in a large number of the Guides.

- | | | |
|----------------------------|----------------------------|--|
| Alderney | Cleethorpes and Grimsby | Matlock |
| Abergele, Pensarn, etc. | Criccieth and Pwllheli | Morecambe and Lancaster |
| Aberystwith | Dolgelly and Cader Idris | New Brighton and |
| Alton Towers and Rudyard | Dovedale and Ashbourne | Birkenhead |
| Bakewell and Haddon Hall | Eastbourne | *Oxford |
| Bala | Grange, Ulverston, etc. | Penmaenmawr, Conway, &c |
| Bangor and Beaumaris | Harrogate, Ripon, and | Portsmouth and Southsea |
| Barmouth and Harlech | Fountains Abbey | Redcar and Saltburn |
| Belle Vue Gardens, M'C'ter | Hayfield and Kinderscout | Rhyl and St. Asaph |
| Bettws-y-Coed & Llanrwst | Ilfracombe and Clovelly | *Scarborough |
| Bexhill-on-Sea | Ilkley, Bolton Abbey, etc. | Skegness |
| Blackpool and Fleetwood | Ingleton | Snowdon and Beddgelert |
| Bognor | Isle of Man | Southampton and Netley |
| Bournemouth | Isle of Wight | Abbey |
| Bridlington, Filey, etc. | Kenilworth | Southport |
| Buxton | Keswick & Derwentwater | Stratford-on-Avon |
| Carnarvon and Llanberis | Leamington | Warwick |
| Castleton and the Peak | Lincoln | Weston-super-Mare |
| Channel Islands—Alderney | *Liverpool | Weymouth |
| " Jersey | *London | Whitby |
| " Guernsey | Llandudno | Windermere, Grasmere,
Bowness, etc. |
| Chatsworth | Llangollen and Corwen | Workshop and The Dukeries |
| Chester, Eaton Hall, and | Lytham and St. Annes-on- | Worthing |
| Hawarden | Sea | Wye Valley |
| Colwyn Bay | Malvern | *York |
| Coniston & Furness Abbey | *Manchester | |

TWOPENNY EDITIONS.—The books marked * can be had with an excellent **Street Plan** at 2d., and all the rest may be had at the same price with a beautifully engraved **Map** to the scale of 4 miles to an inch. Those marked * can also be had with both **Map** and **Plan** at 3d.

POSTAGE, HALFPENNY PER COPY EXTRA.

ABEL HEYWOOD & SON, 56 & 58 OLDHAM STREET, MANCHESTER.

DR. J. COLLIS BROWNE'S

Coughs

Colds

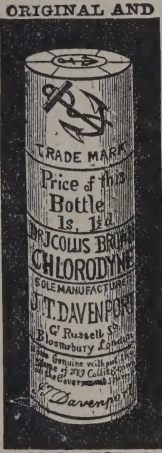
Asthma

Bronchitis

Diarrhoea

Cholera

Etc.



ONLY GENUINE.

IS THE GREAT SPECIFIC FOR CHOLERA,
DIARRHŒA, DYSENTERY.

COUGHS,
COLDS,
ASTHMA,
BRONCHITIS.

GENERAL BOARD OF HEALTH, London. REPORT that it ACTS as a CHARM, one dose generally sufficient. Dr. GIBBON, Army Medical Staff, Calcutta, states: "2 DOSES COMPLETELY CURED ME OF DIARRHŒA."

DR. J. COLLIS BROWNE'S CHLORODYNE. Dr. J. C. BROWNE (late Army Medical Staff) DISCOVERED a REMEDY to denote which he coined the word **CHLORODYNE**. Dr. Browne is the **SOLE INVENTOR**, and, as the composition of Chlorodyne cannot possibly be discovered by analysis (organic substances defying elimination), and since the formula has never been published, it is evident that any statement to the effect that a compound is identical with Dr. Browne's Chlorodyne *must be false*.

This Caution is necessary, as many persons deceive purchasers by false representations.

DR. J. COLLIS BROWNE'S CHLORODYNE. — Vice Chancellor Sir W. PAGE WOOD stated publicly in Court that Dr. J. COLLIS BROWNE was **UNDOUBTEDLY** the **INVENTOR** of **CHLORODYNE**, that the whole story of the defendant Freeman was deliberately untrue, and he regretted to say it had been sworn to. — See *The Times*, July 18th, 1864.

DR. J. COLLIS BROWNE'S CHLORODYNE is the **TRUE PALLIATIVE** in **NEURALGIA, GOUT, CANCER, TOOTHACHE, RHEUMATISM.**

DR. J. COLLIS BROWNE'S CHLORODYNE is a liquid medicine which assuages **PAIN** of **EVERY KIND**, affords a calm, refreshing sleep **WITHOUT HEADACHE**, and **INVIGORATES** the nervous system when exhausted.

DR. J. COLLIS BROWNE'S CHLORODYNE rapidly cuts short all attacks of **EPILEPSY, SPASMS, COLIC, PALPITATION, HYSTERIA.**

IMPORTANT CAUTION. — The **IMMENSE SALE** of this **REMEDY** has given rise to many **UNSCRUPULOUS IMITATIONS**. Be careful to observe Trade Mark. Of all Chemists, 1s. 1d., 2s. 9d., and 4s. 6d.

SOLE MANUFACTURER,

J. T. DAVENPORT, 33, Ct. Russell-st., W.

Royal Irish Fusiliers, Cork, Feb. 6th, 1896.

Dear Sir, I wish to give public testimony to the infinite value which your remedy for Dysentery and Diarrhoea (Dr. Browne's Chlorodyne) proved to several members of the Special Service Corps, in the recent Ashanti Expedition. I bought a small bottle just before leaving London for West Africa, and having used it myself with beneficial result, treated some of my comrades with equal success (though some of them were very bad). I should be very glad to recommend it to anyone about to travel in a treacherous climate, where they are so much exposed to this dangerous malady.

Gratefully yours,
G. SMITH,
"Band," R.I.F.

The ILLUSTRATED LONDON NEWS of Sept. 28th, 1895, says:

"If I were asked which single medicine I should prefer to take abroad with me, as likely to be most generally useful, to the exclusion of all others, I should say

Cadbury's Cocoa

"THE STANDARD OF HIGHEST PURITY."—
THE LANCET.

CADBURY'S COCOA

closely resembles milk in the large proportion of Flesh-forming and Strength-sustaining elements it contains. It is very easily digested, imparts new life and vigour to those of delicate constitution, and can be safely and beneficially taken at all times and seasons.

As a Refreshing, Stimulating Drink, and a Nutritious Food **CADBURY'S COCOA** maintains its great superiority. Absolutely Pure, Delicious in Taste, and most economical withal. It is COCOA, and Cocoa only; no admixtures, such as Kola, Malt, Hops, &c.

Always insist on having **CADBURY'S**, as other Cocoas are sometimes pushed and substituted for the sake of extra profit.

**ABSOLUTELY PURE,
THEREFORE BEST.**